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NOVA SCOTIA'S MENTAL HEALTH EMERGENCY



Dancing her way to recovery

Shawntay Rose Dann first tried taking her own life at just six years old. Now, she is a youth LOVE leader **metroNEWS**

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Photograph sparks hope

REFUGEES

Syrian in Halifax leads charge to find missing cousin

Canadian relatives of a missing five-year-old Syrian girl are appealing for help after a mysterious photograph surfaced on the Internet.

Mohamed Masalmeh, a cousin of the dark-haired girl, says he's sure the photo shows Mira Akram Al Jawabrah after she was rescued from a boat that overturned off the coast of Italy in August 2014, when the girl was three years old.

Relatives were initially told Mira, her parents and three younger siblings — Yousef, Mahmoud and Maria — had drowned as they were making their way from Libya to Italy at that time, said Masalmeh, a friend of the girl's father and uncle.

The boat had more than 500 refugees aboard when it sank in the Mediterranean, he said. About 200 people disappeared.

"We completely lost contact with them, and we didn't know if they were alive or not," he said in an interview Wednesday.



The picture proved that she was still alive.

Mohamed Masalmeh

"We assumed that everybody was dead."

However, relatives later spotted the girl's picture among a series of photos on a Syrian news website showing survivors from the capsizing, he said.

"They had hope that she was still alive, and the picture proved that she was still alive," he said.

In the photo, the girl is holding a white card with the number 268 on it.

A longtime resident of Halifax, Masalmeh said he's not sure who took the photo, and he says subsequent requests for information from the Red Cross, the Italian government and police have yielded no useful information.

The girl has an aunt living in Kitchener, Ont. and a grandmother living in Jordan, but Masalmeh says the family has had no luck making phone calls and submitting paperwork through official channels.

"They wouldn't even identify that the girl was there," he said. "They wouldn't admit that the girl was still alive, even though we saw her picture there. They didn't want to release any information ... I don't know if it's just bureaucracy or they just don't know where she is. There must be a way to track her down."

The girl, originally from the Syrian city of Daraa, may have been unofficially adopted by a Syrian family that survived the capsizing, Masalmeh said.

"People (there) don't have paperwork. They could have named her anything."

THE CANADIAN PRESS



1 Mira Akram Al Jawabrah is shown in a family handout photo. Canadian relatives of the missing Syrian girl are appealing for help after a mysterious photograph (right) surfaced online. Believed dead, its appearance indicates she may have survived after the boat she and her family was travelling on capsized near the coast of Italy. MOHAMED MASALMEH/ THE CANADIAN PRESS HANDOUT

2 The photo of the girl believed to be Mira Akram Al Jawabrah that appeared on a Syrian news website. MOHAMED MASALMEH/ THE CANADIAN PRESS HANDOUT



PROSTITUTION

Pair faces trafficking charges



Yvette d'Entremont
Metro | Halifax

A man and woman from Halifax are facing human trafficking and prostitution charges.

In a press release issued Wednesday, police said they began an investigation on May 23 to look into a man and woman who directed and influenced a 16-year-old girl for the purpose of prostitution.

The man and woman were arrested without incident on Tuesday night at a residence in the 0-100 block of Main Avenue in Halifax.

Halifax residents Kyle Leslie Pellow, 27, and Renee Allison Webber, 40, were held in custody overnight Tuesday and were scheduled to appear in Halifax provincial court on Wednesday.

Both have been charged with the following offences:

- Trafficking a person under the age of 18
- Procuring a person (underage victim) to offer or provide sexual services for consideration
- Material benefit from trafficking a person under the age of 18
- Advertising
- Assault
- Sexual assault

Webber has also been charged with obstruction and Pellow has been additionally charged with uttering threats and breach of a recognizance.



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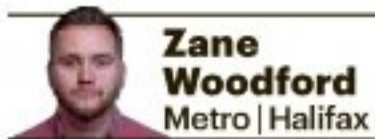
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NOVA SCOTIA'S MENTAL HEALTH EMERGENCY

'We're fighting through it'

GUIDANCE

Teen now a LOVE leader after attempts to take her own life



Zane Woodford
Metro | Halifax

Walking onto a stage in Halifax earlier this month, Shawntay Rose Dann was admittedly scared.

Though she loves to dance, she's not used to breakin' it down in front of hundreds of people.

Then she got up on stage... "And before the music started, it was like, 'This is where I wanna be.' And not so much the dancing aspect, but up on stage, entertaining people, fulfilling people, helping people," she says. "Knowing and showing that they can get through situations even though they may be the hardest thing that they've ever been through ... it's actually kind of amazing."

Dann was one of the performers before a speech by Margaret Trudeau at the Mental Health Foundation of Nova Scotia's Let's Keep Talking event at the Spatz Theatre at the beginning of May.

"I didn't mess up, I didn't faint, I didn't go running off the stage crying, my music didn't cut out.... It went well," she says with a laugh.

Last year, the 19-year-old from North Preston received an award at the same event for her involvement as a leader with Leave Out Violence (LOVE), an organization that steers kids away from a life of violence, and towards improving their communities.

But when she joined LOVE, Dann was in a different place: She had just gotten out of the hospital — at 12 years old —



Shawntay Rose Dann poses for a portrait at the Halifax Public Gardens. Dann credits her support system for helping her get through challenging times.

JEFF HARPER/METRO

I have this forever, and I'm going to be living with it forever, and it's living with it, not living against it. Shawntay Rose Dann

after one of several suicide attempts that began six years earlier.

"When I was about six years old, I remember just wanting to be off this earth, and I tried to take my own life," she says.

About two years before that, Dann and her sister were in a serious car accident.

"She didn't make it and I did, and I guess the thought of that ... it hurt, and I felt it

was my fault for a long time," she says.

Eventually, she was admitted to the IWK for psychiatric help.

"I felt more trapped than anything, being there, and it wasn't the help I needed."

Next came doctors, psychologists and psychiatrists, who she says just prescribed medication that made her feel worse. She's since been diagnosed with bipolar disorder, depression and

ADHD. She believes that trio makes it hard to properly medicate her, so she doesn't take drugs, instead relying on her support system for help when she's having a tough day.

"I have this forever, and I'm going to be living with it forever, and it's living with it, not living against it," she says. "Because if you live against it, it's gonna drag you down, and it's gonna drain you, and it's gonna ... dehydrate you of all energy that you have."

At LOVE, she met other people going through the same things she was, finding camaraderie in their shared feelings

of being labelled.

Dann is two years without a suicide attempt, and she credits that support system. She now provides guidance to younger members of the group, "and it's actually kinda fun," she says.

She's also a leader on the dance floor, travelling the region teaching clinics to people of all ages at schools and community centres with the Maritime Centre of African Dance.

After getting back into dancing little more than a year ago, for Dann, it's the reclamation of a joy that was taken away from her, having been bullied about her dancing and

quitting years ago.

"You stop going to practice, but you never stop dancing," she says. "For me, it's helping people. It's always been about helping people.... It makes me feel good. It makes me feel stronger than I am."

At the event earlier this month, that reclamation came to fruition, and from the stage, Dann took in the view, looking around the room at hundreds of other "faces of mental health."

"I know one thing that we have definitely in common: that we're all still here and we're fighting through it."

MENTAL ILLNESS

Recovery not as simple as other medical issues

It's not as simple as a surgery, or a miracle drug.

Unlike some other diseases, recovery from mental health and addictions issues is more of an ongoing process than a final destination, according to the executive director of the Nova Scotia division of the Canadian Mental Health Association.

"You can be in a positive state of mental health and still have a disease, and live with a chronic issue. And you can have positive mental health because you're

receiving the right kind of treatment, whether it's medication or clinical support or support from your community that's keeping you in that positive, resilient state of wellness," said Pamela Magee.

"That is recovery."

She rejects the idea of "survivors" of mental health, like survivors of other diseases, because mental health disorders aren't the same as other diseases.

"People aren't survivors of

People aren't survivors of mental health. People experience mental health.
Pamela Magee

mental health. People experience mental health," she said. "There isn't a procedure that can be performed that the dis-

ease is eradicated because we always live in a constant fluctuating state of mental health. It can't be cut out, it can't be eradicated and you aren't a survivor of it."

Instead, it's something people like those Metro has spoken with this week continue to live with throughout their lives.

Some people find medication effective in living with mental health issues, some rely on a mixture of counsel-

ling and medication, and some find other ways of coping, like artistic pursuits.

Everyone, whether they have issues with their mental wellness or not, lives with some degree of mental health, and it changes all the time.

"People live with it every day, and we live with varying degrees, depending on what's happening in our lives," said Magee. "Everybody has mental health. It's part of our wellness."

ZANE WOODFORD/METRO

HOW TO GET HELP

If you're in crisis, go to the nearest hospital, call 911, or call the province's crisis line at 1-888-429-8167 (toll free), available 24 hours a day, seven days a week.

If you're looking for programs and services, or information about mental health, contact the Canadian Mental Health Association at 1-877-466-6606 (toll free).

NOVA SCOTIA'S MENTAL HEALTH EMERGENCY

Dalhousie seeks help for study

HEALTH SERVICES

University to examine what works and what doesn't



Yvette d'Entremont
Metro | Halifax

How do you know what mental health services people need? You ask those who use or require them.

That's the premise of a research study Dalhousie University is launching within the next month. Adults 18 years of age and older living within Halifax Regional Municipality, who have symptoms of depression, anxiety and distress, are being encouraged to participate.

The study will examine people's experiences with the mental health care system and with various types of care providers. It will also inquire about their personal mental health care approaches and how they think the system can improve.

"What we expect is that a lot of people are going to say that they want things that aren't funded through our health-care system," said Amy Bombay, a psychologist and assistant professor at Dalhousie involved with the study.

"We want to point that inconsistency out and be able to say, through their voices, that



Cody Glode took his own life in March after reaching out for help with mental health issues. CONTRIBUTED

this is what they want, and if you guys want to know what to do, they're telling you."

Bombay's focus is indigenous mental health, and so the survey will also focus on culture and other social

determinants of health.

She said when she first arrived in Halifax two years ago, the Mi'kmaq community told her mental health was an issue of paramount importance.

That was further highlighted

when her friend, Mi'kmaq Native Friendship Centre's executive director Pam Glode-Desrochers, lost her nephew.

"We know that the wait times are very long, which doesn't match with crisis situa-

tions with mental health. And these are crisis situations," said Bombay.

"Like the case of Pam's nephew (Cody Glode), an indigenous young man who (died by) suicide recently. He had

+ STUDY

Want to take part?

The Dalhousie University research study will launch within the next month or two.

Adults (18 and older) living in HRM who experience symptoms of depression, anxiety and distress are strongly encouraged to participate. Contact Amy Bombay, amy.bombay@dal.ca, to be added to a notification list when the survey goes live.

reached out for help but the system; there was no one there to answer at that time."

In addition to asking about what people want and need in terms of mental health care, Bombay said they want to know what works.

She said research shows many minority groups, for example, don't want medication. They want alternatives that aren't available under the current system.

The results of the survey will eventually be shared with government, various groups and the general public.

"I think that decision makers, their response is, 'Well, what are the answers?' and I think that this study will really tell us what works for people with lived experience and what they want," Bombay said.

"And I think there's no more valuable data than that."

"Best show I have ever seen. It was an absolutely spectacular event. Loved it."
— Jacquelyn Mildrum, Lyme, CT



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Halifax Mayor Mike Savage heads along Joseph Howe Drive during the annual Mayor's Bike Ride on Wednesday. JEFF HARPER/METRO

Politicians join mayor's Bike Ride

CYCLING

Good symbolic support for better routes, advocate says



Jeremy Mutton
For Metro | Halifax

Halifax Mayor Mike Savage brought politicians from all levels of government out to his annual Bike Ride on Wednesday, while cycling advocates urged them to make cycling safer.

The fourth edition of the

ride saw several city councillors and Halifax-area MLAs and MPs riding.

Speaker of the House of Commons Geoff Regan traded in his ceremonial black robe for sunglasses and biking shorts.

Kelsey Lane, executive director for the Halifax Cycling Coalition, said it was good symbolic support for improving cycling routes in Halifax.

"Having a mayor ride and show leadership is important. We'd like to stress also that the next mayor that's elected also continues with this tradition of riding and getting to know the city," Lane said.

But that, Lane said, should

be followed with action.

"We want protected bike lanes, because that's been proven most effective for getting new riders out on the street," Lane said, adding that the other option is putting parking between riders and traffic.

"There (are) lots of options and that's what we're really advocating for, because that's going to get more people out to ride."

The mayor pointed to the separated bike lane on Rainnie Drive installed last fall to show the city is listening.

"Progressive cities promote cycling, not only as a way of getting to and from places, but

it's good for health, the environment. It's good for budgets and keeping (cars) off the road," Savage said.

"We're becoming more and more of a biking city, which is a good thing."

More bikes on the street presents challenges for maintaining safety, and the consequences are severe.

Jackie Dean spoke about her twin sister Johanna Dean, who

died in a collision while cycling in 2014.

"She did this almost every day," Dean said, as the group of about 60 cyclists quietly listened.

Dean's sister tragically died when a truck turned right in her lane. Dean praised the mayor for his words supporting truck sideguards to prevent it from happening again. The mayor spoke in support of Coun. Wayne

Mason's efforts to ensure all trucks have sideguards.

Dean said drivers should respect bike lanes, while cyclists should ride safely.

"It's everyone's responsibility to improve road safety. It's our community's responsibility," Dean said.

"Please help so that my sister did not die without purpose. Please help so there is not another Johanna."

Lane said safety is the best way to get more people cycling in Halifax.

"We have to promote that, and it requires the leadership of our elected officials," she said. "Not just once a year."

“If you live within five to eight kilometres of your workplace, you should be riding.” Kelsey Lane

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\$1.9M boost 'not enough'

HEALTH

Orthopedic surgery wait times continue to skyrocket



Jeremy Mutton
For Metro | Halifax

The province will invest \$1.9 million to decrease the province's bulge in orthopedic surgery wait times, but Dr. Eric Howatt says that's not enough.

Howatt said Wednesday surgeons would need to be able to perform 500 or 600 more surgeries a year to reach the national standard of six months' waiting time.

"The additional funding would probably be in the order of \$10 or \$12 million to do that."

Howatt is Nova Scotia Health Authority's surgery department head for the western zone, which includes Halifax. He is also co-chairman of the provincial orthopedic working group, which studies how to reduce wait times.

Health Minister Leo Glavine said reducing wait times "remains a priority," stressing that Wednesday's announcement from the Nova Scotia government brings the total investment up to \$8.1 million this year.

"We must really work to meet that Canadian benchmark," Glavine said.

The bulk of the new funding will go towards joint surgeries, mostly hip and knee replacements.

Howatt said there are 3,500 Nova Scotians waiting for joint surgeries right now. The longer patients wait, the worse their injuries can get.

"We have to get these people done. In some cases, people have been on the list for two years waiting for their surgery."

And every single one needs their surgery now, he said.

3X

The province currently averages 18 months for wait times — triple the national standard.

"We don't put people on the list unless they are operation-ready," Howatt added.

He said wait lists remained steady this year, ending years of continuous growth. He's optimistic the health authority will "make a dent."

"The question will be how we look for more money, more resources to actually solve the problem."

Glavine said the government's action is working.

"This investment turned that curve downward," he said Wednesday.

But age demographics present a curve that can't be turned.

According to Statistics Canada, nearly 300,000 Nova Scotians were between 45 and 65 years old, according to the 2011 census.

As they age, the likelihood of requiring orthopedic surgeries only increases.

Glavine said that promoting healthy living at all ages is one way to mitigate those effects. But Howatt predicts more funding is ultimately needed.

"The demand is going up. The resources have to meet that."



A health-care professional enters a surgical suite at the Dartmouth General Hospital on Wednesday. JEFF HARPER/METRO

N.S. POWER

Looking out for the birds



Kristen Lipscombe
Metro | Halifax

It's a bird, it's a plane ... it's Nova Scotia Power workers.

Technicians will be working in the air high above the Canso Causeway this weekend, with the help of a helicopter, to install special devices intended to help reduce the number of birds that fly into power lines.

Crews will be working Monday through Friday to ensure that about 350 "bird flight diverters" are in place on lines above the causeway, according to a Nova Scotia Power news release. The project cost is about \$170,000.

These devices "are relatively new technologies," the news release explains, adding some have already been installed over the Cornwallis River in Kings County and West River in Antigonish County.

Crews will install the devices on two ground wires above the transmission lines over the Strait of Canso.

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Surveillance plan for Sandeson

DALHOUSIE MURDER

Proposal may help accused's chances at next bail hearing

A proposal for around-the-clock security surveillance of a Dalhousie medical student accused of murdering a fellow student should improve his bail chances, a defence lawyer said Wednesday.

Eugene Tan, the lawyer for William Sandeson, said outside court he'll suggest a private company monitor his client if he's granted release from jail through a bail review set for midsummer.

The date for the review was set for July 28 and 29 during Wednesday's hearing before Nova Scotia Supreme Court Justice Jamie Campbell.

Tan said the plan could address some of the judge's earlier reasons for refusing release.

During Wednesday's hearing, prosecutor Susan MacKay said that she was expecting to see details about



William Sandeson arrives for the start of his preliminary hearing in Halifax on Feb. 8. ANDREW VAUGHAN/THE CANADIAN PRESS

the proposed firm when Tan provides a defence brief on June 29.

Tan has argued some of the information provided to Campbell at the original bail hearing

was shown to be "unreliable" in a subsequent preliminary hearing.

All of the preliminary trial and bail evidence before the court is protected by a routine publication ban.

Sandeson was charged with the first-degree murder of Taylor Samson on Aug. 20, 2015 and ordered to stand trial on March 29 following the preliminary hearing.

Police have insisted that the two men knew each other.

THE CANADIAN PRESS

+ STILL NO BODY

The murder charge came four days after Tyler Samson was reported missing in Halifax. His body is still missing.



Eugene Tan, lawyer for William Sandeson, talks with reporters after a pre-trial hearing in Halifax on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

FIRST NATIONS

Agreement on use of waterlot

Millbrook First Nation and the Halifax Port Authority have entered into a memorandum of understanding (MOU) around the Tufts Cove waterlot.

A release said the agreement was signed Wednesday by Millbrook First Nation Chief Bob Gloade, and Halifax Port Authority (HPA) President and

CEO Karen Oldfield.

The MOU outlines how Millbrook and the HPA will pursue the potential of Millbrook infilling part of the waterlot next to the existing Millbrook land at Shannon Park.

"This is a very positive development," Gloade said in the release. "The potential use of

this waterlot would complement our existing land and allow us to move forward in our long-term planning and vision for this site."

The MOU will continue over two years during which time Millbrook First Nation and the HPA will explore "an extended lease," the release said. TC MEDIA



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HEALTH CARE

N.S. woman concerned about long wait for pap test results

A Nova Scotia woman's wait for the results of her pap test went on a little too long.

The Stellarton woman, who asked not to be identified, had gone for a routine test when her physician noticed something unusual.

"At my appointment, I asked him how long it will take to get my results," she said. "I was told it used to be three to five days, but now it's five to six weeks. I was shocked from the start."

Six weeks later, she was still waiting.

"I didn't go back looking for my results until my scheduled appointment six weeks later, thinking they would be in and they weren't," she said.

She had the test done in mid-March and received her results the second week of May.

"It's tough when you go the doctor and they see something is wrong and urge you to make an appointment with your gynecologist and you

have to wait to get the results," she said.

According to the Nova Scotia Health Authority, as of February 2016, the processing of all cytology specimens was moved from the Aberdeen Hospital to the Valley Regional Hospital in Kentville.

Eileen MacIsaac, a communication spokeswoman for the NSHA, said the change

of diagnostic cytology is the evaluation of cervical smears, referred to as the Papanicolaou test or Pap smear.

"During the first few weeks of the transition, there were some delays in shipping specimens from the Aberdeen Hospital to Valley Regional Hospital which resulted in a large number of specimens being sent to the referral site at one time. This resulted in a delay in processing. Unfortunately the specimen of the individual was part of

this delay," said MacIsaac. However, since February, improvements have been made, she said, and specimens are now being shipped twice a week to prevent a backlog in processing.

"The Aberdeen Hospital specimens are now being tested with a turnaround time of approximately four weeks, a turnaround time similar to other cytology services in the province," MacIsaac said.

TC MEDIA

“Women’s health care doesn’t seem to be anyone’s priority, just like mental health.”

Concerned Nova Scotia woman

was necessary because the Aberdeen Hospital doesn't have a pathologist to read all the cytology tests; and due to a change in laboratory services staffing. This was a permanent move and was not part of a budget or business-planning decision.

Cytology refers to the medical specialty of diagnosing diseases and conditions through examining tissue samples from the body. For example, a common example



Halifax Regional School Board staff presented an update on responses to the individual program plan review, including reaching out to families with children of African descent. METRO FILE

Mom 'skeptical' on effect of race

EDUCATION

Four of 26 feel kids' descent played a role in assigning plan



Haley Ryan
Metro | Halifax

Although a small number of families said they felt race played a role in their kids being put on specific education plans, one Halifax mother is "skeptical" that enough is being done and the right questions are being asked.

During the Halifax Regional School Board meeting Wednesday night, staff presented an update on steps taken in response to the 2014-15 individual program plan (IPP) review, including professional development for principals and reaching out to families with children who self-identify as being of African descent.

"We heard from families

that there was inconsistent communication with respect to what an (IPP) is and its implications for the future," Alison King, director of programs and student services, told the board. "Many of the parents ... were unclear of the steps in the process and their rights to information."

King said they sent out 59 letters to families and heard from 26 as of Wednesday, with 12 more meetings planned before the end of the school year.

King said six interviewers (one of whom is a person of colour) asked the parents how they learned about IPPs, whether they were invited to come to meetings and whether they thought race played a role in the development of a program for their child.

The meetings were in coffee shops, family homes or the office of the Black Educators Association.

Of 26, King said, four families reported they felt race was a factor. He added that staff is working with those parents to address their concerns.

Local mother Tina Roberts-Jeffers said while she is happy to see staff having conversations with black parents, it can be difficult to open up about suspected racism to a white staff member and would like to see more people of colour helping facilitate the meetings.

It's also not so simple to just ask whether someone thinks race played a factor, she said.

"How do you parse through the different expectations that someone has for your child if you're not able to be in the classroom every day and notice?" said Roberts-Jeffers, who is black, after the meeting.

Although Roberts-Jeffers said the number four was "surprisingly low," there's no reason to believe those parents didn't have that experience.

"I'm still very skeptical.... I definitely feel like they're making efforts. I do not feel like it's where I'd like it to be, and that maybe speaks to larger issues within the school district like how many people of colour do they have working at central staff," Roberts-Jeffers said.

CHILD WELFARE

Judges to meet with First Nations

Nova Scotia judges and community leaders from Cape Breton's First Nations communities will meet in Membertou next month to begin addressing the staggering numbers of aboriginal children in foster care.

Members of the Nova Scotia Court of Appeal, along with those from the Supreme Court Family Division, are scheduled to meet June 9



This will be a modest beginning, but a very important beginning.

Associate Chief Justice Lawrence O'Neil

with chiefs and other leaders from Cape Breton's five Mi'kmaq bands.

"This will be a modest beginning but a very important beginning," said Associate Chief Justice Lawrence

O'Neil, of the court's family division.

He noted this is the first time members of the court have held such a meeting outside of their home base in Halifax. CAPE BRETON POST

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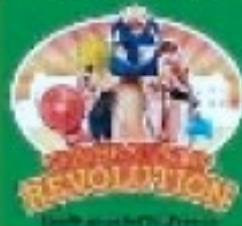
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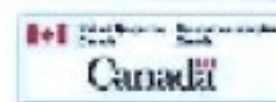
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WILDLIFE

All clear as deer disappears from Spring Garden Road



Philip Croucher
Metro | Halifax

Oh deer.

Photos of a deer running down Spring Garden Road popped up on Twitter on Wednesday afternoon.

Heather Roberts was in a truck driving down Spring Garden with a friend around 2:30 p.m. when the deer darted across their path.

"We had to slam our brakes on because we came within inches of hitting him," Roberts said shortly after posting a photo of the deer to Twitter. "It looked terrified; it looked like a baby."

Roberts said the deer had darted across the road from Victoria Park to the Public Gardens and kept ramming into the fence around the park.

It then turned around and ran into the street a second time, taking off in the direction



The deer runs down Spring Garden Road. @HFXROBERTS VIA TWITTER

of the hospital, Roberts said.

Although Roberts said she's used to seeing deer on Young Avenue closer to Point Pleasant Park, it was bizarre to see one on the busy Spring Garden Road.

"I'm hoping he's heading back towards Point Pleasant," Roberts said.

Although Halifax Regional Police said Wednesday after-

noon they had received a couple calls about a deer loose on Victoria Road, officers were unable to find the animal and believe it must have made its way back to safety.

Around 3:30 p.m. the Department of Natural Resources said via Twitter they had officials responding to a deer in the south end.

WITH FILES FROM HALEY RYAN

BRIDGEWATER

Hearse-averse seniors bury collector's new car

A Nova Scotia car collector says his landlord asked him to remove his graveyard-painted hearse from his driveway after complaints from other residents of his largely elderly neighbourhood.

Michael Nelson purchased the white 1990 Cadillac Brougham hearse, which features a graveyard scene painted

on its side and a gate with the words "final destiny" painted on the back, from Ontario a few weeks ago.

Since parking it in his Bridgewater driveway, Nelson says his landlord has asked him to remove it, citing complaints from neighbours.

The 54-year-old Nelson says he lives on a street with many

elderly people, and although he's proud of his purchase, he's willing to comply with his landlord's request.

But Nelson says many others in the community are not offended. He says he had the vehicle parked at a local take-out restaurant Tuesday and it drew a crowd, including a priest and his son. THE CANADIAN PRESS



Const. Andrew Gordon with some of the ducklings he saved from Highway 102. CONTRIBUTED

Catching critters as well as crooks

POLICING

Constable a hero to ducks, dogs in danger



Kristen Lipscombe
Metro | Halifax

Forget about Ace Ventura.

Const. Andrew Gordon of Halifax Regional Police could be the next big pet detective.

The force posted several photos of its very own Dr. Doolittle on social media Wednesday, just after Gordon helped track down golden lab Marley. The two-year-old service dog, trained to recognize medical issues such as seizures, was reported missing by her Bedford family Tuesday evening.

"It became a little more important than your average dog that kind of runs away and runs home," Gordon, 40, said Wednesday, referring to the plight of little Luc LeBlanc,

who suffers from a rare brain disorder.

"They rely on Marley as an early warning for any of the medical distresses that he could face," Gordon said of Luc and his mom, Samantha Monaghan, who live on Stockton Ridge.

The constable and fellow officers searched for Marley all night Tuesday.

"Early in the morning, I found a Kijiji ad that was pretty simple. It said, 'Found dog, ravines at Larry Uteck,'" Gordon said.

So he followed Kijiji's postal-code information to the right street, and the first door he knocked on happened to be the right house.

"A lady came to the door and asked if she could help me. I asked if she had located a missing dog, and she opened the door a little wider and said,

"This one?" he recalled. "And there was Marley."

Gordon isn't just a dog whisperer. Just this past Monday, he rescued three ducklings from the dangers of Highway 102, and earlier this month, on May 6, he saved another tiny feathered friend from the same high-traffic area.

Gordon also helped rescue a seal pup that had somehow

waddled from Halifax Harbour on to Lower Water Street last March.

Halifax Regional Police receive plenty of animal-related

reports, but Gordon emphasized every officer gets an average of 1,000 calls annually, ranging from mundane parking infractions to serious situations involving weapons.

"Every officer does good things every day, (but) we don't get a chance to talk about (them)," he said.



(It's) nice when people can see that we're human, too.

Const. Andrew Gordon

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ANIMALS

'Bonnie and Clyde' capybaras still on lam



This capybara is helping find its missing friends.

ANDRES PLANA/METRO



Luke Simcoe
Metro | Toronto

Having been led on a wild capybara chase through High Park, officials are changing tactics in a bid to apprehend two of the giant rodents that escaped from the Toronto park's zoo.

Park supervisors have crafted an "entrapment plan" to recapture the elusive capybaras should they try to return to the

area near their pen, city spokeswoman Megan Price said.

The move comes after a failed two-day search involving more than 30 staff members. In addition to the human help, the city recruited a capybara from the Hands on Exotics shelter in Toronto to help draw out the missing animals.

"Unfortunately, our sniffer capybara friend was unsuccessful," Price said.

A sighting was reported late Tuesday night, but by the time

parks staff showed up, the capybara had slipped away.

Price said the animals made a break for it while being transferred to their pen Tuesday morning. The pair were to replace Chewy, the resident capybara who will be sent to another breeding program.

Contrary to reports suggesting the escapees were both female, it turns out they were a breeding pair. "So instead of Thelma and Louise, we've got Bonnie and Clyde," Price said.



A polar bear swims at Journey to Churchill at Assiniboine Park Zoo in Winnipeg. METRO FILE

Researchers add sparkle to bear poo

STUDY

Colour glitter used to tell one pile of scat from another



Elisha Dacey
Metro | Winnipeg

It brings new meaning to the term 'chasing rainbows.'

Researchers at Winnipeg's Assiniboine Zoo confirmed on Tuesday that they study the

scat of their resident polar bears — and to tell one pile of poop from another, eight of the nine bears are fed a different colour of glitter.

"We have some questions about how polar bears are adjusting when they come

from Churchill or Northern Manitoba," said Stephen Petersen, head of conservation and research at Assiniboine Park Zoo, where the International Polar Bear Conservation Centre is located.

The researchers are testing the level of cortisol — a stress hormone — in each bear to make sure the bears are adjusting well, said Petersen. If a

bear is stressed out, say, from being in the public eye, handlers will make sure the bear gets a break.

In order to tell whose waste is whose, that's where the glitter comes in, said Petersen.

"So our bears will get a meatball with a little glitter in it, and each bear is assigned a different colour," said Petersen. Samples are collected by the zookeepers to be tested for local and international study, including researchers from the Toronto Zoo, Guelph University and an American research group.

The bears are fed the glitter from the time they're cubs until they reach sexual maturity, about 6-8 years for the males and 4-5 years for the females.

And don't worry, the glitter is perfectly

harmless.

"We use kids craft glitter, so safe for children to eat, and safe for polar bears," said Petersen.

Petersen said while it's funny to be talking about glittery poop, it is a reminder that the bears are being studied, not just housed, in the hopes of helping both captive and wild bear populations.

We use kids' craft glitter, so safe for children to eat, and safe for polar bears.

Stephen Petersen

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G7 to hear Canada's economic approach

POLITICS

Trudeau to tout government investment, not belt-tightening

A group of powerful world leaders is about to hear a starkly new take on what Canada thinks must be done to revive the stagnant global economy.

Prime Minister Justin Trudeau will promote Canada's growth-boosting plan to his Group of Seven counterparts this week in Japan.

Trudeau's theme: government investment is better than belt-tightening. This approach will sound different to G7 leaders than the message they likely heard from Trudeau's predecessor, Stephen Harper.

The ex-Conservative leader, who lost power to Trudeau's Liberals last fall, regularly called upon the global com-

munity to apply budgetary restraint.

Trudeau's approach is expected to be well-received by most of his G7 peers at the two-day summit, which begins Thursday in Japan's Ise-Shima region.

Most of the leaders have supported the use of fiscal tools to foster growth, but countries such as Germany and the United Kingdom are likely to stick to their cost-cutting approaches.

One of Canada's closest G7 allies in the anti-austerity camp is Japanese Prime Minister Shinzo Abe, who met with Trudeau and International Trade Minister Chrystia Freeland on Tuesday in Tokyo.

"Prime Minister Abe has been a real pioneer in emphasizing the need for governments to use fiscal tools," Freeland, who participated in Trudeau's bilateral meeting with Abe, told reporters Wednesday in Tokyo.

THE CANADIAN PRESS



Canadian Prime Minister Justin Trudeau speaks during a press conference with his Japanese PM Shinzo Abe. THE ASSOCIATED PRESS

CALGARY

De Grood not criminally responsible in stabbings

A Calgary man has been found not criminally responsible for stabbing five young people to death at a house party two years ago in a ruling that gives family members of the victims little closure.

Justice Eric Macklin of Court of Queen's Bench delivered the verdict Wednesday in the first-degree murder trial of Matthew de Grood. Macklin said he accepted findings from two psychiatrists and a psychologist who testified that de Grood was psychotic at the time of the killings.

"I find on a balance of probabilities that at the time he caused their deaths, Matthew

de Grood was suffering from a mental disorder that rendered him incapable of appreciating or knowing that his actions were wrong," Macklin said.

The finding means de Grood will be kept in a secure psychiatric facility pending assessment by the Alberta Review Board. A hearing is to take place in 90 days. THE CANADIAN PRESS



A court sketch of Matthew de Grood. THE CANADIAN PRESS

SAUDI ARABIA

Industry defends criticized arms deal

The association representing Canada's defence industry is defending the controversial \$15-billion sale of light armoured vehicles to Saudi Arabia by Ontario company General Dynamics Land Systems.

Christyn Cianfarani, president of the Canadian Association of Defence and Security

Industries, said Wednesday said it is the responsibility of her industry to follow the rules.

Many have criticized the Liberals for honouring the deal approved by the previous Conservative government to sell the vehicles to the Saudis.

THE CANADIAN PRESS

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World metro NEWS

Trump protests take violent turn

U.S. ELECTION

Front runner said 'protesters in New Mexico were thugs'

In one of the presidential campaign year's more grisly spectacles, protesters in New Mexico opposing Donald Trump's candidacy threw burning T-shirts, plastic bottles and other items at police officers, injuring several, and toppled trash cans and barricades.

Police responded by firing pepper spray and smoke grenades into the crowd outside the Albuquerque Convention Center.

During the rally, the presumptive Republican presidential nominee was interrupted repeatedly by protesters, who shouted, held up banners and resisted removal by security officers.

The banners included the messages "Trump is Fascist" and "We've heard enough."

Trump lashed back at protesters, tweeting Wednesday: "The protesters in New Mexico were thugs who were flying the Mexican flag. The rally inside was big and beautiful, but outside, criminals!"

At one point, a female protester was physically dragged from the stands by security. Other protesters scuffled with security as they resisted removal from the convention centre, which was packed with thousands of loud and cheering Trump supporters.

Trump responded with his usual bluster, instructing security to remove the protesters and mocking their actions by telling them to "Go home to mommy."

He responded to one demonstrator by asking, "How old is this kid?" Then he provided his own answer: "Still wearing diapers."

Trump's supporters responded with chants of "Build that wall!"

Trump later tweeted "Great rally in New Mexico, amazing crowd!"

The altercations left glass at the entrance of the convention

ARRESTS

Police say four people have been charged or cited after the rally in Albuquerque. Officials say about 12 other people were detained and released, and more arrests are likely.

THE ASSOCIATED PRESS

centre smashed.

Albuquerque attorney Doug Antoon said rocks were flying through the convention centre windows as he was leaving Tuesday night. Glass was breaking and landing near his feet.

"This was not a protest, this was a riot. These are hate groups," he said of the demonstrators.

Albuquerque police said several officers were treated for injuries after getting hit by rocks thrown by protesters. At least one person was arrested from the riot, police said.

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Riot police block off the Albuquerque Convention Center to protesters after a rally and speech by Republican presidential candidate Donald Trump in Albuquerque, N.M. Tuesday. THE ASSOCIATED PRESS

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IN BRIEF

Greek efforts to handle refugee crisis significant, official says

Greece has faced major problems in dealing with the refugee crisis but has made a significant effort to handle the issues, a leading European human rights official said Wednesday. However, Council of Europe Secretary General Thorbjørn Jagland said, that concerns remain about the detention of some asylum-seekers while their applications are being processed in Greece.

THE ASSOCIATED PRESS

UN says food aid reaches less than half of Syrians

Food aid has reached nearly half the civilians trapped in besieged areas of Syria, but much more remains to be done to help the 13.5 million in need across the war-torn nation, according to a United Nations report issued Wednesday. The report says there was an overall increase in fighting and a rise in civilian casualties in April. Food aid has reached over 200,000 people or 41.9 per cent of those living in besieged areas, nearly double the 21 per cent reached in March.

THE ASSOCIATED PRESS

EQUALITY

11 states suing over transgender directive

Texas and 10 other states are suing the Obama administration over its directive to U.S. public schools to let transgender students use the bathrooms and locker rooms that match their gender identity.

The lawsuit announced Wednesday includes Oklahoma, Alabama, Wisconsin, West Virginia, Tennessee, Maine, Arizona, Louisiana, Utah and Georgia. It asks a North Texas federal court to declare the directive unlawful in what ranks among the most co-ordinated and visible legal challenges by states over the socially divisive issue of bathroom rights for transgender persons.

The Obama administration has "conspired to turn workplace and educational settings across the country into laboratories for a massive social experiment, flouting the democratic process, and running roughshod over commonsense policies protecting children and basic privacy rights," the lawsuit reads.

Many of the conservative states involved had previously vowed defiance, calling the guidance a threat to safety while being accused of discrimination by supporters of transgender rights. U.S. Attorney General Loretta Lynch has previously said "there is no room in our schools for



Signs posted outside a high school gender-neutral restrooms in Los Angeles, California. AFP/GETTY IMAGES

discrimination."

The White House had no comment on the lawsuit.

Texas' lieutenant governor has previously said the state is willing to forfeit \$10 billion in federal education dollars rather than comply. The directive from the U.S. Justice and Education Departments represents an escalation in the fast-moving dispute over what is becoming the civil rights issue of the day.

Pressed about whether he knew of any instances in which a child's safety had been threatened because of transgender bathroom rights, Republican Texas Attorney General Ken Paxton said "there's not a lot of research" during a news conference. THE ASSOCIATED PRESS

Wildfires inflicted damage on economy

BANK OF CANADA

Disaster will cut GDP by 1.25 points in second quarter

The Bank of Canada said Wednesday that the wildfires that razed parts of Fort McMurray, Alta., and forced the shutdown of several oilsands operations will exact a toll on the economy, but noted that it would be temporary as it kept its key interest rate on hold.

The central bank said that its preliminary assessment — its first since the disaster erupted earlier this month — suggests the fires will cut 1.25 percentage points off real GDP growth in the second quarter.

In its April monetary policy report, the bank had predicted growth at an annual rate of 1.0 per cent for the second quarter.

"While we don't know the bank's updated tracking ex-



Prime Minister Justin Trudeau and Fort McMurray Fire Chief Darby Allen look over a burned out car earlier this month. THE CANADIAN PRESS

cluding the wildfires, it's likely that the bank is tracking a contraction for the second quarter," TD Bank senior economist Leslie Preston said.

The Bank of Canada is expected to update its full outlook for the economy and inflation in its next monetary policy report on July 13, when it also makes its next rate

announcement.

Despite the cut to its expectations for growth in the second quarter, the Bank of Canada kept its key interest rate at 0.5 per cent. The rate is a major factor used by Canada's big banks in determining their prime lending rates.

The central bank noted that growth in the first quarter was

in line with expectations and the economy is expected to rebound in the third quarter as oil production resumes and reconstruction of the areas devastated by the fire begins.

The downgrade of the second quarter follows similar moves by economists at some of Canada's big banks.

THE CANADIAN PRESS

EQUALITY

Gender gap not closing among CEOs

For the second year in a row, female CEOs earned more than their male counterparts and received bigger raises.

But only a small sliver of the largest companies are run by women, and experts say gender parity at the top remains way off.

The median pay for a female CEO was nearly \$18 million last year, up about 13 per cent from 2014. By comparison, male CEOs' median pay was \$10.5 million, up just 3 per cent from a year earlier, according to an analysis by executive compen-

sation data firm Equilar and The Associated Press.

A pay hike doesn't tell the full story though.

The jump is largely due to the small sample size: only 17 of the 341 CEOs were women.

That means any one CEO's compensation — Yahoo CEO Marissa Mayer's nearly \$36 million package, for example, or Mary Dillon's 200 per cent raise at Ulta — can skew the results. Of the 10 highest paid CEOs on the list, only one was a woman: Yahoo's Marissa Mayer.

THE ASSOCIATED PRESS

IN BRIEF

Wrestler, website and billionaire go to the mat

Two months after Hulk Hogan won a \$140-million invasion-of-privacy verdict against Gawker for posting a sex tape of him, news reports say the pro wrestler is bankrolled by Silicon Valley venture capitalist Peter Thiel, who was outed as gay by a Gawker-owned website in 2007. THE ASSOCIATED PRESS

Bank of Montreal to cut about 1,850 positions

The Bank of Montreal says it is cutting about 1,850 positions as consumers do more banking online and advancements allow it to digitize its processes. There were 46,166 full-time equivalent employees at the bank as of the second quarter, a decline of 616. THE CANADIAN PRESS

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ROSEMARY WESTWOOD ON HARPER'S DEPARTURE

He has a duty to serve constituents, one that should not be taken lightly or so easily swept aside. It's not even that bad a gig: He might be restricted to representing only 80,000 voters, but he's being paid a cozy \$170,400 to do it.

Not so fast, Mr. Harper.

It seems the man we once feared harder to get rid of than a period stain is actually planning to leave us. The rumours broke yesterday: Insiders say Stephen Harper will resign from politics before the summer is through. And while the metaphoric backside of Harper is his only good side, in my opinion, I'm not at all pleased. In fact we should all be insulted.

Of course, anyone can see why he'd want to skip out on the next three years of Trudeau Land. Don Martin, host of CTV's politics show Power Play, assures us Harper has "gamely hung on" during the "excruciating" experience of Liberal rule these past months (cue violins). "He has suffered enough," we're told, by simply having to be a lowly, regular old opposition MP.

Spare me. This surely can't be fun for our haughtier-than-thou former PM, but that's something he should have thought about before running for re-election.

Perhaps Harper, swept up in his mission to rule Canada, if not the world, actually forgot that it wasn't just the Prime Minister's Office he was campaigning for: it was the much more cramped space belonging to the federal representative for the people of Calgary Heritage.

Of course, the only displeasure Harper would ever recognize is that of his own flock.



HAD ENOUGH, HAVE YOU, STEVE? Stephen Harper arrives at his Langevin office in Ottawa on Wednesday. The former prime minister is preparing to step down as a member of Parliament, insiders say. ADRIAN WYLD/THE CANADIAN PRESS

Harper has a duty to serve those constituents, one that should not be taken lightly or so easily swept aside. It's not even that bad a gig: He might be restricted to representing only the 80,000 voters in his home riding, but he's being paid a cozy \$170,400 to do it.

While we're talking numbers, Harper's early election call launched a campaign totalling \$443-million for all parties — a whopping 53 per cent jump from 2011, which we mere citizens are partly on the hook for. Any byelection triggered by a Harper resignation would cost hundreds of thousands more.

While there seems something especially petty about a once-mighty Harper refusing to do the work of some Canadians because

most of the rest of us rejected him, this is hardly a Conservative problem. Federal politics is full of stories of early resignations, some more credible than others: Wanting to "spend time with family" is nice, but an obvious cop out. Taking another job is also a poor excuse for throwing our votes back in our faces. The arrogance and two-timing of the thing particularly grates.

Dennis Pilon, a political scientist at York University, told me that Canadian politics, among parliamentary systems, is particularly afflicted by early resignations. Moral suasion, he said, could be a treatment: "If the public conveys its displeasure with these kinds of antics, it raises the price on this sort of misbehaviour."

Of course, the only displeasure Harper would recognize is that of his own flock, and judging from comments on the Calgary Herald's website, conservatives are full of thanks for their former leader and wishes of "happy trails." I'm sure this response represents only a momentary lapse in commitment to stick-to-your-guns, see-the-job-through, don't-waste-taxpayers'-money conservative values.

I'm sure, if given the chance, Calgary Heritage's stalwart conservatives would again rush to reelect him, despite knowing full well they were once but a means to a much bigger, juicier end.

For some politicians, a vote is clearly worthless if you don't get exactly what you want.



Kids require special protection under new marijuana regime

Calvin White

Of course, marijuana will be legalized.

Only the misplaced morality of our previous Conservative government was impeding the logic that crime will be lessened, tax largesse will be increased and consumer rights will finally be recognized.

However, legalization does raise a tricky issue with which we have a responsibility to grapple: Kids.

All of us on the front lines of youth mental health and well-being know too well the disastrous results of frequent marijuana usage by kids. Young habitual users are usually less present, less motivated to excel, less comfortable with their natural state, and less able to create meaningful engagement with peers and studies.

This is not to say that a teenager who smokes marijuana once in a while is at significant risk. Yet, if we look into who smokes and why, there is a frightening pattern. Too many teens are smoking it every day or several times a week. They are, for all intents and purposes, addicted. They use it to go to sleep, to take the edge off stress or boredom at school, and to create amiable socialization with peers. They use it in order to not feel what they would feel if they did not use it. In short, for many kids, being high feels better than not being high. We shouldn't denigrate them for it. It makes perfect sense.

Getting stoned also fills the need to rebel and to enact one's independence, which are natural to the teenage stage of life. These kids mistakenly believe they are in control. This is why it is so extremely difficult to convince a teen to stop using.

Adding to the challenge is the ubiquitous wink of approval that marijuana gets from the media and the adult world. The silly admonition that it's a gateway drug long ago revealed itself to be a scam.

It is essential that we begin to see the legalization of marijuana not as a moral issue but as a public-health issue. Once the laws change, the message will irrevocably be that marijuana is just fine and the sliver of hesitation caused by its illegality will be gone. There is every reason to assume that usage by children will increase.

Adults dictate what happens in the world. In catering to their own wants, they inevitably ignore, deny or minimize the effects of their choices on their children. We will legalize marijuana because it makes sense to us and in the process we will give lip service to protecting our kids. But will we take the latter seriously by creating and funding widespread, comprehensive educational and intervention programs? And, if not, will we accept our responsibility when we discover the consequences that arise?

Calvin White Calvin White is an author and former high-school counsellor in B.C.

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Living life in the shadow of Pablo Picasso

BIOGRAPHY

Françoise Gilot is still feisty, continues to paint in her 90s

Sue Carter
For Metro Canada



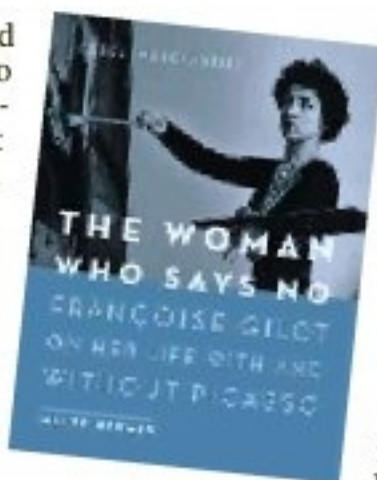
When German journalist Malte Herwig interviewed Françoise Gilot for the first time in 2012, he had a tough time convincing the then-92-year-old artist to pose for the accompanying magazine photos. There's no way in hell, she told him. Desperate, he tried to appeal to her ego. "I had the stupid idea to compliment her with the first thing that came to mind, which is, 'but you are very photogenic, madame.'"

Gilot shrieked with laughter, which was when Herwig realized his error. "I thought, 'Wow, is there anything more stupid I

could have said to a woman who has been captured in portrait by Matisse and Picasso?'"

Awkward moment aside, three years later Gilot would pose in her studio for more photos to accompany Herwig's new book, *The Woman Who Says No: Françoise Gilot on Her Life With and Without Picasso*, published by Vancouver publisher Greystone Books. It's a fascinating story of a woman who, regardless of her own impressive artistic credentials, will forever be destined as a footnote in the biographies of her former lovers — artists Pablo Picasso and Henri Matisse, and medical researcher Jonas Salk, who discovered the first polio vaccine.

But the photos in Herwig's



book, taken by Berlin photographer Ana Lessing, present an elegant, energetic woman who is clearly living as a successful artist in her own right, without a care for her notorious past. It's easy to see why Herwig was so taken by Gilot, and why, rather than writing a straightforward biography, he chose to pose the book as a series

of lessons that he learned from spending time with the elderly artist, travelling between her Paris and New York-based studios. "The teacher-disciple dialogue is an ancient form since the 17th century. I thought I would revise it for modern day, sort of like Mitch Albom did for Tuesdays with Morrie," Herwig says.

Born in 1921 to a well-educated, wealthy family, Gilot's parents dreamed of having a boy, which led to her father treating her more like a son, which Her-



The Mermaid, painted in 1986 by Françoise Gilot.
CONTRIBUTED

wig suggests set her up with the strong self-confidence and financial means that Picasso's previous partners — most of whom ended up committing suicide or in mental institutions — never enjoyed. Gilot met the famous artist when she was 21 and he was 61, and were together for 10 years, giving birth to two children, Claude and Paloma. After Gilot decided to leave Picasso for good, he threatened European gallerists that showing her work there would mean he would withdraw his own paint-

ings, but instead of being defeated, she moved to New York, and began her own, if not understated, career there.

That is not to say that Gilot's life has been easy.

"Nowadays children of celebrities they do their own thing, a fashion label, perfume, whatever, that's a dime a dozen," says Herwig.

"But back then it was still dif-

ferent. Picasso was the celebrity of 20th-century art and he cast a long shadow. But she did something on her own."

Though her health is ailing and she's tired of life, Gilot still gets up to paint daily, while still in her slippers — she can't imagine doing anything else. "That's what fascinated me," says Herwig. "How your work as an artist enables you to live fully. That's also something we can all aspire to, rather than fall into the routine of everyday life. She helped pull me out of my own routine by giving me something to watch, to observe, to think about."

Sue Carter is the editor at Quill & Quire magazine.

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'How gritty are you?'

| | Not at all like me | Not much like me | Somewhat like me | Mostly like me | Very much like me |
|---|--------------------|------------------|------------------|----------------|-------------------|
| 1. New ideas and projects sometimes distract me from previous ones. | 5 | 4 | 3 | 2 | 1 |
| 2. Setbacks don't discourage me. I don't give up easily. | 1 | 2 | 3 | 4 | 5 |
| 3. I often set a goal but later choose to pursue a different one. | 5 | 4 | 3 | 2 | 1 |
| 4. I am a hard worker | 1 | 2 | 3 | 4 | 5 |
| 5. I have difficulty maintaining my focus on projects that take more than a few months to complete. | 5 | 4 | 3 | 2 | 1 |
| 6. I finish whatever I begin | 1 | 2 | 3 | 4 | 5 |
| 7. My interests change from year to year | 5 | 4 | 3 | 2 | 1 |
| 8. I am diligent. I never give up | 1 | 2 | 3 | 4 | 5 |
| 9. I have been obsessed with a certain idea or project for a short time but later lost interest | 5 | 4 | 3 | 2 | 1 |
| 10. I have overcome setbacks to conquer an important challenge | 1 | 2 | 3 | 4 | 5 |



Keys to success

BOOK EXCERPT GRIT, BY ANGELA DUCKWORTH

In her new book *Grit: The Power of Passion and Perseverance*, researcher, psychologist and professor Angela Duckworth looks into success and what powers it.

Rather than suggesting success comes from an innate "genius," Duckworth argues it's a combination of passion and perseverance — a sense of Grit.

In this excerpt, Duckworth sheds light on how we can discover how "gritty" we are in our own life.

I recently gave a lecture on grit to undergraduates at the Wharton School of Business. Even before I'd cleared my notes from the podium, an aspiring entrepreneur rushed to introduce himself. He was charming — full of the energy and enthusiasm that makes teaching young people so rewarding.

Breathlessly, he told me a story meant to illustrate his own prodigious grit. Earlier that year, he'd raised thousands of dollars for his startup, going to heroic lengths to do so, and pulling several all-nighters in the process.

I was impressed and said so. But I hastened to add that grit is more about stamina than intensity. "So, if you're working on that project with the same energy in a year

or two, email me. I can say more about your grit then."

He was puzzled. "Well, I might not be working on the same thing in a few years."

Good point. Lots of ventures that seem promising at the start turn out badly. Lots of optimistic business plans end up in the discard bin. "Okay, so maybe this particular startup won't be what you're working on. But if you're not working in the same industry, if you're on to some totally unrelated pursuit, then I'm not sure your story illustrates grit."

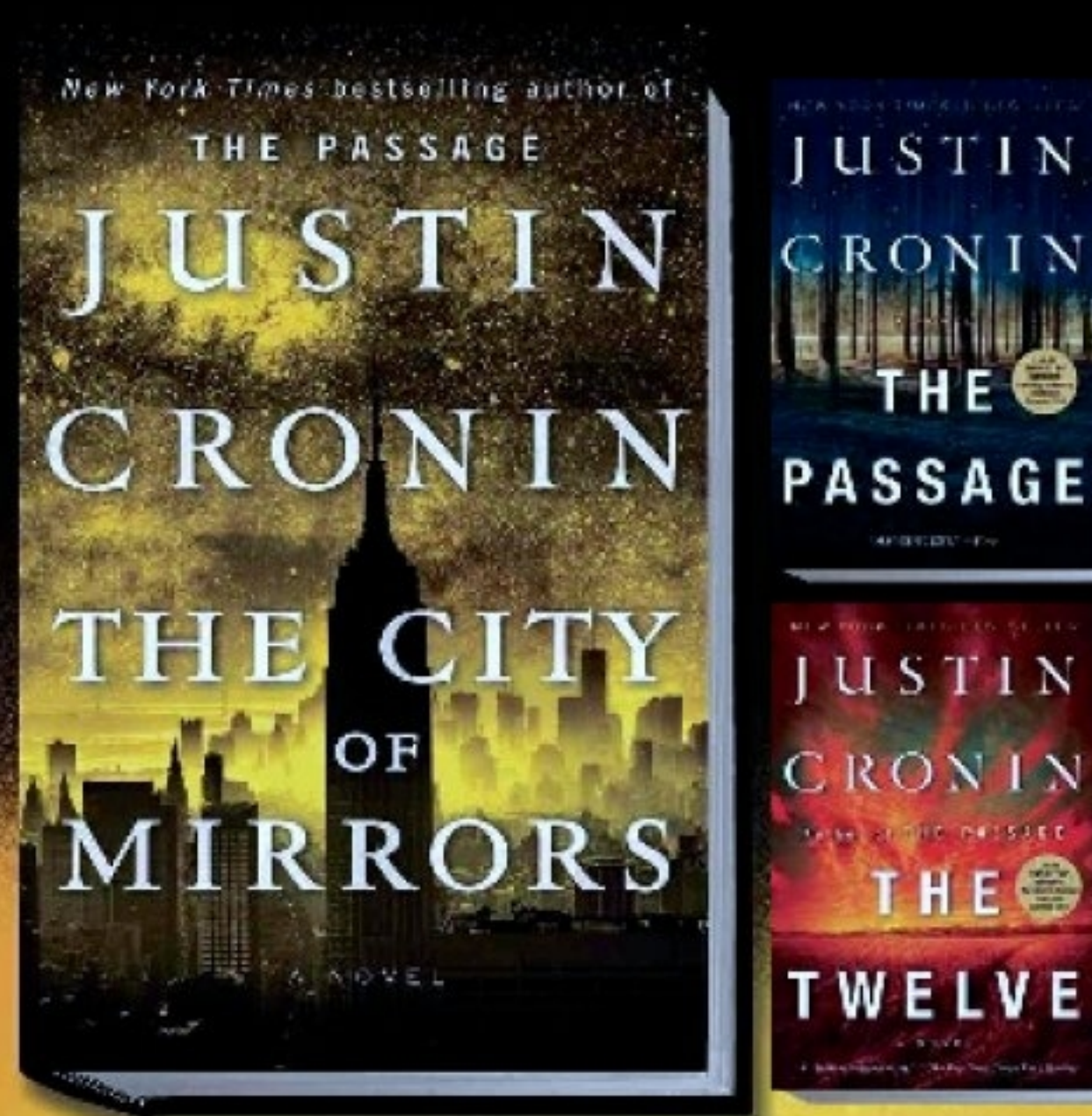
"You mean, stay in one company?" he asked.

"Not necessarily. But skipping around from one kind of pursuit to another — from one skill set to an entirely different one — that's not

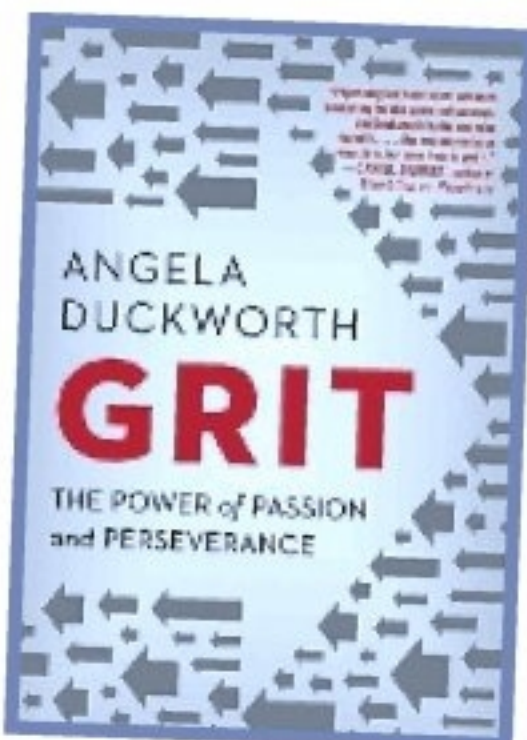
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what gritty people do."

"But what if I move around a lot and, while I'm doing that, I'm working incredibly hard?"

"Grit isn't just working incredibly hard. That's only part of it." Pause.

"Why?"

"Well, for one thing, there are no shortcuts to excellence. Developing real expertise, figuring out really hard problems, it all takes time—longer than most people imagine. And then, you know, you've got to apply those skills and produce goods or services that are valuable to people. Rome wasn't built in a day."

He was listening, so I continued.

"And here's the really important thing. Grit is about working on something you care about so much that you're willing to stay loyal to it."

"It's doing what you love. I get that."

"Right, it's doing what you love, but not just falling in love—staying in love."

How gritty are you? On the right is a version of the Grit Scale I developed for my study at West Point and which I used in other studies described in this book. Read each sentence and, on the right, check off the box that makes sense. Don't overthink the questions. Instead, just ask yourself how you compare—not just to your coworkers, friends, or family—but to "most people." Keep in mind that your score is a reflection of how you see yourself right now. How gritty you are at this point in your life might be different from how gritty you were when you were younger. And if you take the Grit Scale again later, you might get a different score. As this book will continue to show, there is every reason to believe that grit can change.

Grit has two components: passion and persever-

ance. If you want to dig a little deeper, you can calculate separate scores for each component: For your passion score, add up your points for the odd-numbered items and divide by 5. For your perseverance score, add up your points for the even-numbered items and divide by 5.

If you scored high on passion, you probably scored high on perseverance, too. And vice versa. Still, I'll take a guess that your perseverance score is a wee bit higher than your passion score. This isn't true for all people, but it's true for most people I've studied. For instance, I took the scale while writing this chapter, and I scored 4.6 overall. My perseverance score was 5.0, and my passion score was only 4.2. Strange as it sounds, staying focused on consistent goals over time is more of a struggle for me than working hard and bouncing back from setbacks.

This consistent pattern—perseverance scores more often topping passion scores—is a clue that passion and perseverance aren't exactly the same thing. In the rest of this chapter, I'll explain how they differ and show how to understand them as two parts of a whole.

While taking the Grit Scale, you might have noticed that none of the passion questions asked how intensely you're committed to your goals. This may seem odd, because the word passion is often used to describe intense emotions. For a lot of people, passion is synonymous with infatuation or obsession. But in interviews about what it takes to succeed, high achievers often talk about commitment of a different kind. Rather than intensity, what comes up again and again in their remarks is the idea of consistency over time.

For instance, I've heard of chefs who grew up watching Julia Child on television and remained fascinated with cooking into adulthood. I've heard of investors whose curiosity about the financial markets is as keen in their fourth or fifth decade of investing as it was on their very first day of trading. I've heard of mathematicians who work on a problem—the same problem—day and night for years, without once deciding, "Oh, to heck with this theorem! I'm moving on to something."

EXCERPT FROM GRIT BY ANGELA DUCKWORTH ©2016. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.

SUPERHERO

She is still Ms. Marvel-ous

Mike Donachie
Metro | Canada

Ms. Marvel #7
BY: G. Willow Wilson, Adrian Alphona and Ian Herring
PUBLISHER: Marvel Comics

Ms. Marvel is one of the most exciting books around these days, and there's a new issue out this week. For the last two years, G. Willow Wilson has been grabbing attention with great stories featur-

ing the new Ms. Marvel, Kamala Khan, who, it just so happens, is a 16-year-old Muslim girl with shapeshifting powers.

This isn't tokenism, or a box-checking exercise. These are all-ages (well, teen-plus) stories that follow the tradition Marvel set with Spider-Man, taxing a believable teen character with real-life problems that seem bigger than their superheroic battles.

Spidey turns up in this issue,

which ties into Marvel's latest big event, Civil War II. But, if all the twists and turns of continuity seem impenetrable, there are two collected editions available. They offer about 20 episodes, and the second only came out last month. (Like so many other Marvel books, this one restarted its numbering seven months ago.)

And this week it's three superheroes, math problems and more. Cool stuff.



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MUSIC

The Hip plans tour amid cancer tragedy

The Tragically Hip will play concerts in 10 cities across Canada this summer, the band announced Wednesday.

The tour dates were revealed a day after the announcement that singer Gord Downie has been undergoing treatment for terminal brain cancer.

The tour is in support of the band's 14th album, *Man Machine Poem*, which will be released June 17.

It will begin July 22 in Victoria and end in the band's hometown

CONCERTS

Aug. 8, London, Ont.
Aug. 10&12, Toronto, Ont.
Aug. 18, Ottawa, Ont.
Aug. 20, Kingston, Ont.

of Kingston on Aug. 20, according to a news release. Tickets will be available to the general public on June 3, with a presale beginning May 30.
TORSTAR NEWS SERVICE



Gord Downie, who announced this week he has terminal brain cancer, performs with The Tragically Hip in Toronto in 2003.

KEVIN FRAYER/THE CANADIAN PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

The lonely side of Louis C.K.

THE SHOW: *Horace and Pete*, Season 1, Episode 2
THE MOMENT: The sex fantasy

Horace (Louis C.K.) sits in his Brooklyn apartment, taking a break from the bar downstairs, which he runs with his brother Pete (Steve Buscemi). His late father's girlfriend, Marsha (Jessica Lange), appears beside him on the sofa. As they chat, it becomes clear Horace is imagining this.

"Why can't I have normal sex fantasies?" Horace asks. "I wish I had clean sex, about love. People have sex, and the whole time they're smiling at each other."

"Like Obama," Marsha says. "Yeah," Horace says. "I bet they have nice sex, clean and full of love."

"Where did you get the idea that there are clean hard-ons?" Marsha sneers. "Sex is dirty. Bad and dirty and smelly and messy..."

"I just came," Horace says. I've only watched two of the ten episodes, which Louis C.K. writes, directs, and sells on his website for \$31 U.S., and I really like it. It's filmed



Louis C.K.'s character Horace confesses his odd fantasies to his late father's girlfriend in a hilarious dream sequence in *Horace and Pete*. CONTRIBUTED

like a play. It's quite still — no soundtrack, no fancy edits. It's populated with great actors, who are palpably keen to help Louis C.K. make something that feels new: Alan Alda as Horace's racist uncle; Edie Falco as his sister, who's fighting to sell the bar; Aidy Bryant

as his daughter, who's trying to love him.

But *Horace and Pete* is some of the loneliest television you will ever see. Art exists to explore uncomfortable truths, and the truth depicted here is that even when we're surrounded, we're alone; even

when people want to help, they usually can't. It's *Cheers* by way of *Long Days' Journey into Night*.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Thirty-four lots are for sale in Krause Court in Russell Lake West, the last cul-de-sac available in the area. Cresco offers a variety of detached two-story homes, bungalows and custom-built houses in this quiet neighbourhood.

Housing amenities

Features include professionally designed spaces with generous rear decks, 30-year warranted architectural shingles, open-concept and two-level living designs, ductless heat pumps and electric baseboard heating, tile and hardwood floors.

In the neighbourhood

Russell Lake West is the perfect place to kick back and enjoy the outdoors while in a modern setting. Conveniently located minutes away from shopping hubs and first-rate schools, it's great for young families and retirees alike.

Location and transit

Russell Lake West is in Dartmouth and close to the Circumferential Highway, ferries, bridges, public transit and a variety of other services. This community offers tranquil living just minutes away from all of the city's conveniences.

KRAUSE COURT



CONTRIBUTED

+ WHAT YOU NEED TO KNOW

What: Krause Court in Russell Lake West
Builder: Cresco
Developer: Clayton Developments
Location: Russell Lake West, Dartmouth
Suites: Three-plus bedrooms, three-plus bathrooms
Pricing: Starting at \$399,900

Status: Construction currently in progress
Sales centre: 4 Krause Court, Dartmouth. Monday to Friday by appointment, week-ends 1 - 4 p.m.
Phone: Contact by telephone at (902) 832-6666 or check out the website at cresco.ca.

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THE TOP 6@6

LAST NIGHT ON 101.3 THE BOUNCE:

- 6 Calvin Harris & Rihanna
This Is What You Came For
- 5 Justin Timberlake
Can't Stop The Feeling
- 4 DNCE
Toothbrush
- 3 SonReal
Can I Get A Witness
- 2 Nick Jones ft. Toke Lo
Close
- 1 Jason Denko
If It Ain't Love

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METRO MOVES

Home renovating tips for savings and safety

You've bought a tool belt and are ready to go. For many, one of the joys of home ownership is renovating the property to improve its appearance, for better use of space, and also to protect the investment. Before you start, however, there are some important considerations.

While it's common practice to buy insurance to protect your home against losses, Sylvain Renaud, vice president, personal lines at Intact Insurance, says that many homeowners don't realize renovations can have an impact on their policy.

"Before renovating, it's vital to contact your insurance provider to make sure you have the right coverage that accurately reflects your upgraded home," Renaud points out. "In order to

benefit from the best available coverage, standard property insurance policies require you to advise the company when renovation costs go over a certain amount. Making sure your investment is protected will give you peace of mind while creating your dream home."

Also, depending on the upgrades you make, you may be eligible for premium discounts, so be sure to ask.

Here are some home renovation tips to help reduce monthly bills, stay safe, and prevent serious damage:

1. Properly insulate and ventilate your attic. When a house is not properly insulated the heating systems work harder, cost more to run, and consume more energy.



CONTRIBUTED

2. Insulate your water heater, hot water pipes, and heating and cooling ducts to help your housing system run more efficiently.

3. Check that hot water tank. The average life expectancy of a hot water tank is only eight to 10 years. Newer models are more efficient and won't leak or burst.

4. Install home alarms for fire and theft as

well as carbon monoxide detectors and water leak detection systems.

5. Consider installing a sump pump with a back-up system, or think about adding a back-water valve to the main sewer line. These will reduce the likelihood of a messy sewer back up and provide valuable savings on your insurance premiums. NEWS CANADA



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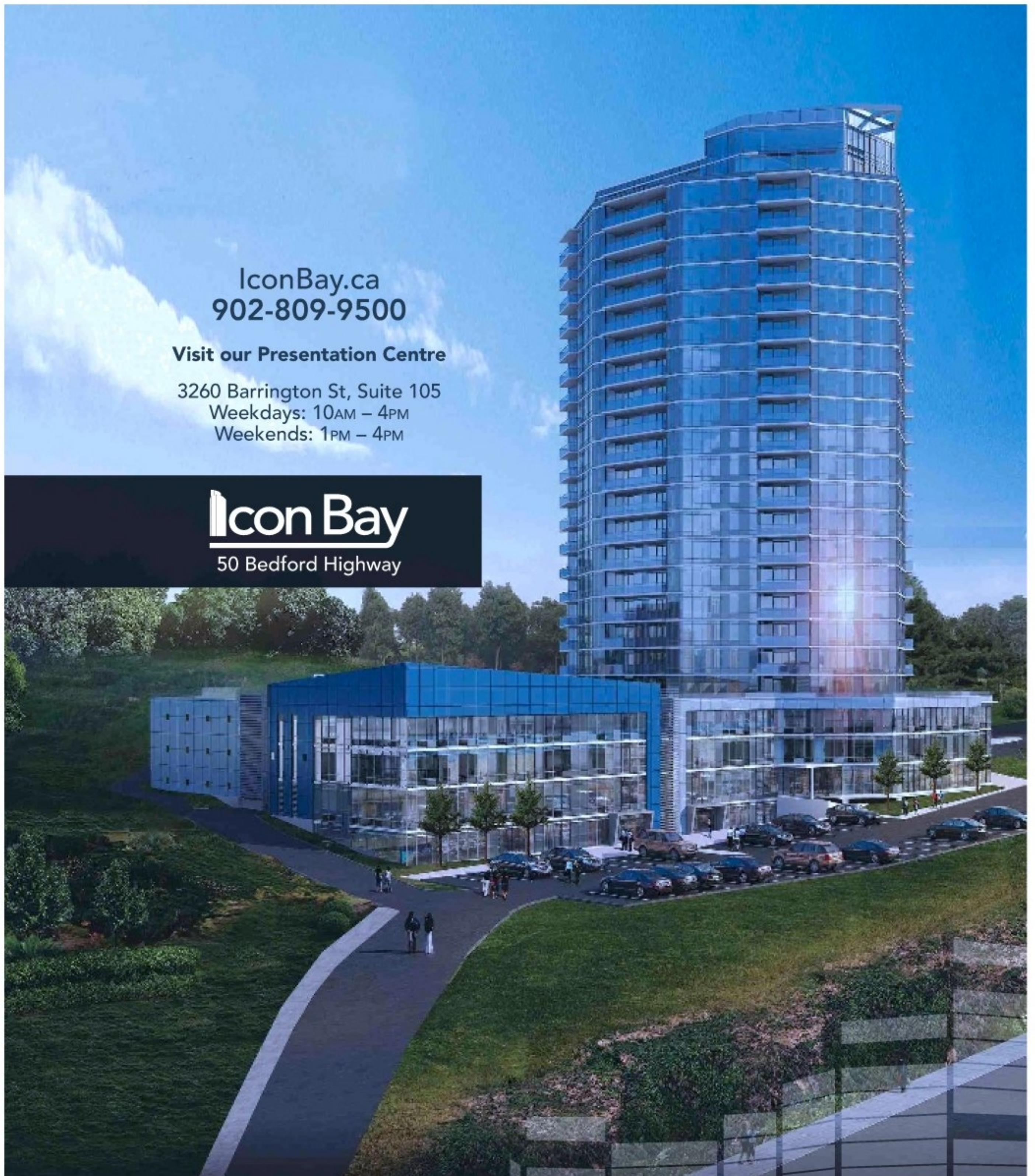
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Perfect mix of historical, and modern elements

Right in the heart of Hydrostone and just steps from trendy boutiques, bakeries and restaurants, St. Joseph's Square is taking shape.

St. Joseph's Square is made up of 106 designer apartment suites complete with a fresh & innovative design. The old stained glass and reclaimed limestone incorporated in the current design is inspired by the former St. Joseph's Church, mixing historic elements with modern comforts.

"The tailored finishes and strong minimalist features including loaded kitchens and sleek bathrooms designed by the innovative Halifax architectural firm Dixel Architecture are definitely peaking the interest of Halifax renters" says Diane Lawen with Paramount Management.

The suites feature expansive windows in each living room, blinds supplied for each window and door, air conditioning with programmable thermostats, private balconies, skylights available in select suites, designer porcelain tile in the bathrooms and hardwood-like flooring in the entrance, kitchen, living room, bedrooms and dens.



CONTRIBUTED

The building amenities feature a fitness centre, residents lounge, entertainment kitchen and dining area, plenty of green space and a patio area. There is also on-site management dedicated to the best in personal service.

Located 5450 Kaye Street next to the Hydrostone market, St. Joseph's Square is near local shops and coveted Halifax dining. There are also public parks and tree lined streets in the neighbourhood. St. Joseph's Square allows residents to easily stroll or bike to community amenities and services.

"Long considered a trend-setting neighbourhood of Halifax, the Hydrostone provides conveniences of downtown living while maintaining a traditional neighbourhood feel," Lawen says.

Choose from one, two and three designer rental suites or townhouses. Penthouse suites will feature upgraded finishes, 12' ceilings and unobstructed, breathtaking views. There is also up to 6,000 sq ft of commercial space available.

Downtown living at its finest

The Avery condo development redefines what downtown living should be with its stunning views of the Halifax harbour, luxurious units that feel like home and amazing walkability that is just minutes from everything you need, including a farmer's market, public transit and trendy cafés and restaurants.

Located at 25 Alderney Drive in the heart of downtown Dartmouth, The Avery is a five storey mixed-use development with 70 residential units featuring gorgeous 10 foot high tray ceilings.

No detail has been overlooked. A rooftop terrace outfitted with a barbeque and kitchen is perfect for entertaining guests and natural gas heating and air conditioning results in superior resident comfort. Standard finishes in the units are usually upgrades at other buildings and include engineered hardwood and porcelain tile floors, and granite and quartz stone countertops.

The developer behind The Avery is the Annapolis Group, a Nova Scotia firm with 70 years of experience who builds each unit with a level of thought and detail as if it was for their family.

Spokesperson Margo Whitman says The



CONTRIBUTED

Avery is an attractive option for singles, bachelors, professional couples and even people who are downsizing.

"Different people are looking for different things, but still want all the better amenities, quality and location," she said.

Units range from luxury studios (\$279,900) to luxury three bedroom plus den units (\$900,000).

The Avery will be completed later this spring.



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Cavs make Dinos sore

RAPTOR
CLEVELAND LEADS 3-2

Canadian team handed a 38-point shellacking

The Toronto Raptors rode a wave of momentum into Cleveland on Wednesday.

But by the merciful end of an atrocious Game 5 effort, it was tough to believe the Raptors had ever beaten the Cavaliers at all.

Cleveland's trio of Kevin Love, LeBron James and Kyrie Irving combined for 71 points as the Cavaliers thoroughly trounced the Raptors 116-78 to take a 3-2 lead in the NBA Eastern Conference final.

DeMar DeRozan had 14 points, while Kyle Lowry had 13, but no other Raptor scored in double digits in Toronto's worst performance of these playoffs. Jonas Valanciunas returned from his ankle injury to score nine points in 19 minutes.

The Raptors were coming off back-to-back victories at the Air Canada Centre, infusing fans with a glimmer of hope for a historic NBA Finals appearance. But the Cavaliers' homecourt had proven deadly to Toronto in Games 1 and 2: a 50-point deficit combined.

GAME 5 In Cleveland



Coach Dwane Casey has predicted a different game on their return trip to Cleveland, but it was evident virtually from the opening whistle that they were in for a long night.

In a noisy Quicken Loans Arena awash in wine and gold, they looked completely discom-

bobulated. They were terrible in virtually every category, a dog's breakfast of poor decisions, terrible shooting, and head-slapping turnovers. Their defensive effort, against a Cavs team that opened the post-season 10-0, was half-hearted.

They'd dug themselves an 18-point deficit by late in the first quarter, and when Love drained a three-pointer late in the second, the Cavs were up by a whopping 34 points. Cleveland's 65-34 lead at the break was the biggest halftime gap in conference finals history.

When it seemingly couldn't get worse, it did. Frustration mounted. The Raptors looked like they wanted to be anywhere else. By the end of the third, the score was a shocking 100-60.

Both teams subbed out their starters for a fourth quarter played after hundreds of fans had already departed the building.

The series returns to the Air Canada Centre for Game 6 on Friday. A victory, however, would send them back into Cleveland for a do-or-die Game 7.

THE CANADIAN PRESS



The Cavaliers' Channing Frye blocks the shot of Raptors guard Cory Joseph as Matthew Dellavedova defends on Wednesday night in Cleveland. TONY DEJAK/THE ASSOCIATED PRESS

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NHL PLAYOFFS

Game 7 awaits Lightning and Pens for spot in Cup final

Sidney Crosby is in no mood to get caught up in his own personal narrative, the one eager to attach whatever happens to the Pittsburgh Penguins in Game 7 of the Eastern Conference final on Thursday against Tampa Bay to the superstar's legacy.

Forget that Crosby has the game-winning goal in each of Pittsburgh's victories in its entertaining back-and-forth with the resilient Lightning. Forget that he hasn't been on the winning side of a post-series handshake line this deep into the playoffs since his glorious night in Detroit seven years ago, which ended with him hoisting the Penguins' third Stanley Cup.

"I think it's a roller-coaster. But Game 7 is Game 7. There's no two better words than that."

Lightning coach Jon Cooper



Anton Stralman of the Lightning checks Penguins centre Sidney Crosby during Game 3 of the Eastern Conference final on May 18. BRUCE BENNETT/GETTY IMAGES

Yes, he's playing well. Yes, his dazzling, imminently GIF-able sprint through the Tampa Bay zone late in the second period of Game 6 added another signature moment to a career full of them. Yet lifting Pittsburgh

back to the Cup final for the first time since 2009 does not rely solely on him so much as the collective effort of all 20 guys in his team's retro black and Vegas gold uniforms.

Depth has carried the Penguins this far. Crosby insists Game 7 will be about the team, not him.

"You give yourself the best chance of winning by keeping it simple and not putting too

much emphasis on kind of the story line around it," Crosby said.

Even if it's easy to get lost in those storylines. The Lightning are on the verge of a second straight berth in the final despite playing the entire post-season without captain Steven Stamkos and losing Vezina Trophy finalist Ben Bishop in the first period of the conference finals when he twisted his left leg awkwardly while scrambling to get into position.

Yet Tampa Bay has stuck around, ceding the ice to the Penguins for significant stretches but using their speed to counterattack brilliantly while relying on 21-year-old goaltender Andrei Vasilevski.

The Lightning are hardly intimidated by having to go on the road in a series decider. They did it a year ago in the Eastern final against New York, beating the Rangers 2-0 in Madison Square Garden.

"You've got to go back to a tough environment, just like the Garden was last year," Tampa Bay coach Jon Cooper said. "And you've got to have your A-game."

THE ASSOCIATED PRESS



FRENCH OPEN MURRAY SURVIVES SECOND ROUND

Andy Murray looks to hit a forehand against Mathias Bourgue during their second-round match in Paris on Wednesday. Second-seeded Murray needed five sets — 6-2, 2-6, 4-6, 6-2, 6-3 — to eliminate the 164th-ranked Frenchman.

THOMAS SAMSON/AFP/GETTY IMAGES

MLB IN BRIEF

Arrieta improves to 9-0

Jake Arrieta remained unbeaten on the season despite allowing as many as four runs for the first time in nearly a year and the Chicago Cubs beat the St. Louis Cardinals 9-8 on Wednesday.

Arrieta (9-0) joined the White Sox's Chris Sale as the only nine-game winners in the majors.

THE ASSOCIATED PRESS

Matz wins seventh straight star, Mets blank Nationals

Steven Matz pitched a career-high eight innings to win his seventh consecutive start and help the New York Mets defeat the Washington Nationals 2-0 on Wednesday.

Matz (7-1) has a 1.13 ERA over his winning streak, not allowing a run in four of those starts.

THE ASSOCIATED PRESS

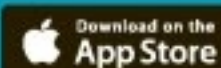
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RECIPE Italian Roommate Pasta



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

There's so much to love about this dish — crisp bacon, cheesy sauce, garlicky veggies.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients

- 1 Tbsp of olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 cup bacon, chopped into 1-inch to 2-inch pieces
- 500 grams of whole wheat fusilli
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- Pepper to taste

Directions

1. In a large pan, warm up your olive oil over medium heat and add onions, garlic and

bacon. Allow bacon to crisp. Put a big pot of salted water on to boil for the pasta.

2. Chop zucchini into matchsticks and add to the bacon mixture. Give it all a good stir so the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.

3. Cook your pasta according to instructions. Drain well and throw the cooked pasta into the vegetables.

4. In a bowl, whisk the eggs and stir in the grated Parmesan. Pour the cheesy eggs into your noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

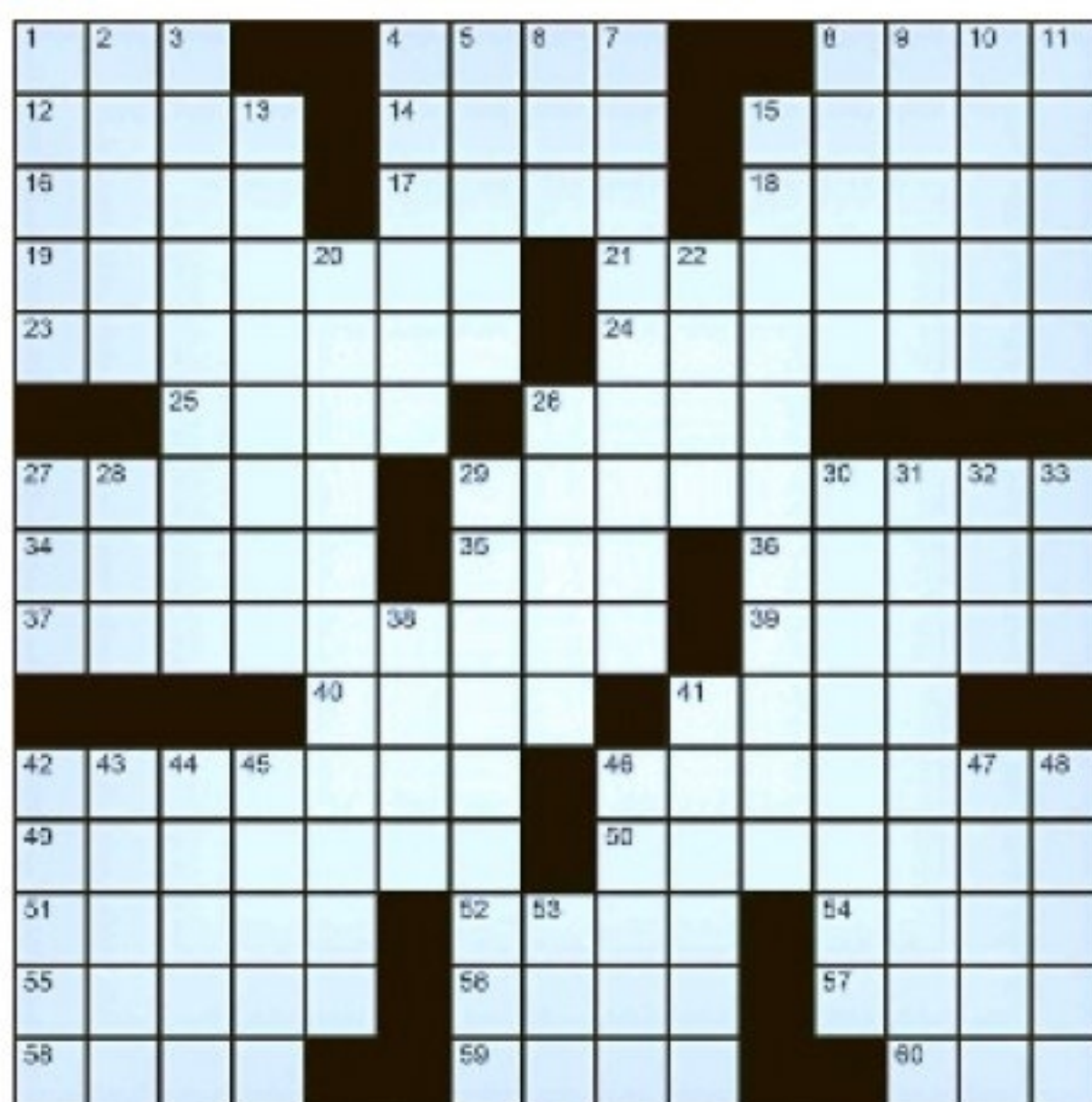
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Sunscreen no.
4. Mr. Hartnett
8. Hurried the horse
12. Spaghetti cheese, for short
14. Odd mixture
15. A.A. Milne character
16. "...so long ___ both shall live?"
17. Sheriff ___ ("BJ and the Bear" character)
18. "...you loud and clear."
19. Bee's weapon
21. Capital city of Uganda
23. Humanity
24. 6/49 and Lotto Max ticket add-ons
25. Fixed stare
26. Icelandic epic
27. ___ New Guinea
29. Alberta town half-an-hour north of Calgary
34. Play ___ (Do this in an orchestra, perhaps)
35. ___ Islands, Indonesia
36. Freshwater fish
37. 1970s rec room walls choice
39. Reindeer: French
40. River islets
41. Permission requester's opener... 2 wds.
42. ___ fasciitis (Heel problem)
46. Not-in-a-group showbiz performance: 2 wds.
49. Mozart's musical rival in "Amadeus" (1984)
50. Having soup and



- a salad: 2 wds.
51. Singer Ms. Baker
52. In the thick ___
54. Norway's capital
55. Shakespeare: Character in All's Well That Ends Well, variantly
56. Faux pas
57. Eager
58. Pine for

59. PR people, puny-ly
60. Jalalabad's country, for short

DOWN

1. Muscle cramp
2. Rice alternative
3. Making-a-meal need, often: 2 wds.
4. Dolly Parton song
5. "...___" (Prayer opener)
6. Fam. tree

- member
7. Creation by Chetivamp, Nova Scotia artist Elizabeth LeFort (b.1914 - d.2005): 2 wds.
8. Oprah's production company
9. ___ monitor (Device one often sees singers remove)

10. Equal, to Marie-Claire
11. Some baby parents, to babies
13. One of Egypt's famous three pyramids
15. Star of HBO Canada's "Sensitive Skin": 2 wds.
20. Geographic location of #13-Down: 2 wds.
22. 'Ets' equivalents in English
26. Nets
27. Drivel
28. ___ peel (Dermatology procedure)
29. Ms. Balfe (Irish star of "Outlander", on Showcase)
30. Query to the seemingly injured: 3 wds.
31. Body of water on which the Greek island of Corfu is situated: 2 wds.
32. Bleed
33. Jeanne d'Arc, e.g.
38. Fibber
41. Purposeful sayings
42. Hymn
43. Island of Hawaii
44. Letter As, in Arabic
45. Fun-spelling evenings
46. Gulf of ___ Lawrence
47. ___ (Music symbol)
48. Sisqo's "... Song"
53. Daze

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Right now in your work, you feel balanced between what you want to do and what you think is possible. It's as if your hopes and dreams are more lined up with reality.

Taurus April 21 - May 21
You have a realistic view on how much you can spend on recreation. Everything has its limits (unless you have a money tree growing in your backyard).

Gemini May 22 - June 21
You feel reassured with the obligations of partnerships and what you want to achieve at home. Somehow, they are starting to dovetail.

Cancer June 22 - July 23
Your enthusiasm and positive frame of mind support your hard-working energy now. In other words, your attitude is helping you get things done. Bravo!

Leo July 24 - Aug. 23
It's encouraging that your hard work is literally paying off. When the money flows in, you don't mind the effort. It's true — no pain, no gain.

Virgo Aug. 24 - Sept. 23
The more you work to solidify your home base, the happier you feel. Keep doing repairs or whatever is needed so you feel secure where you live. This gives you a warm feeling in your tummy.

Libra Sept. 24 - Oct. 23
Even though you know that things are loosey-goosey in terms of potential job changes or residential moves, your faith in your own future is what keeps you strong. Good!

Scorpio Oct. 24 - Nov. 22
The positive feedback you get from friends and groups that you deal with reassures you of your values. And it is your values that attract people to you.

Sagittarius Nov. 23 - Dec. 21
As you begin your new journey, it's important to know that you impress bosses and influential people. Why not use their help and influence to open doors for you?

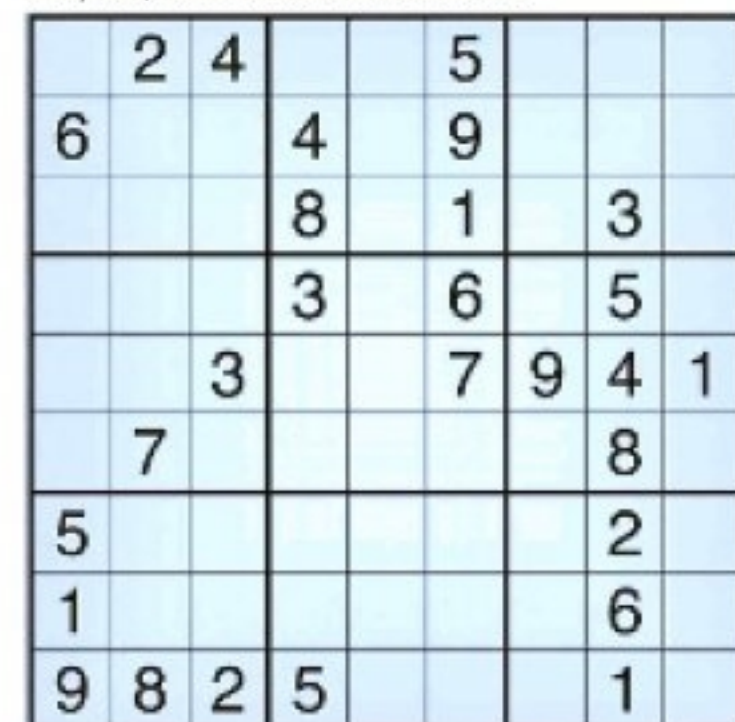
Capricorn Dec. 22 - Jan. 20
Although you are downsizing and letting go of many things, you can expand your world through knowledge, further education and travel. Look for ways to do this.

Aquarius Jan. 21 - Feb. 19
Because the support of others is forthcoming, you see ways to help those who are less fortunate, especially through nonprofit organizations or charitable clubs.

Pisces Feb. 20 - March 20
The success of friendships and partnerships is definitely part of your time of harvest right now. These relationships are one reason you feel proud.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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